

Chicago Department of Family & Support Services
Senior Services Division – Area Agency on Aging

CHICAGO SENIORS CONNECTED

Spring 2022 | March – May



Virtual and Telephone Programs for Older Adults



City of Chicago
Lori Lightfoot, Mayor



Chicago Department of Family & Support Services
Brandie Knazze, Commissioner

A Note from the Executive Director

Dear Friends,

It is very exciting to share that our Senior Centers are resuming some of the activities previously placed on hold at the height of the pandemic.

We will continue to offer both virtual and in-person programming to accommodate those of you not quite ready to return, as well as those of you that have been eagerly awaiting expansion of activities inside the centers. We sincerely thank you for your patience and continued support during these challenging times.

We invite everyone to take a look inside our enrichment brochure for virtual classes, call-in numbers, and information about services. Additionally, in support of your safe return to the Senior Centers, we wanted to share the following information:

We will continue to post the screening check list before entry into the senior center.

Proof of Vaccinations are not required; however, we continue to encourage vaccinations as one of the best preventative measures from harm caused by the pandemic. We will continue to offer and identify vaccination opportunities located throughout the city.

Masks are no longer required. We do understand that some seniors may still want to wear masks. We encourage all participants to do so as an additional protective measure. **However, no one will be turned away for not wearing a mask. We ask all to be understanding of those that choose to wear masks and those that choose not to.**

Some resumed activities inside the centers may require additional public safety support, including the wearing of a mask for the duration of the identified activity. We will let you know which activities require masks for an added layer of protection.

Exercise and staying active has a proven positive effect on mental and physical well-being. We encourage you to attend classes regularly inside our Senior Centers and/or through our virtual programming in support of well-being and self-care.

The doors, both real and virtual, are wide open! We look forward to seeing and connecting with you. We also extend an invitation to you to join us at the centers to enjoy a nutritious meal, reconnect with familiar faces, and engage with new ones.

Hope to see you soon!

Margaret LaRaviere
Executive Director – Area Agency on Aging
Deputy Commissioner – Department of Family & Support Services



Spring 2022 | March – May

Classes are scheduled weekly, unless otherwise noted, and are available in various formats listed under "Location".

Zoom Instructions	Phone Instructions
Step 1: Go to zoom.com Step 2: Click "Join A Meeting" Step 3: Enter Meeting ID Step 4: Enter Passcode (if applicable)	Step 1: Dial phone number Step 2: Enter Meeting ID Step 3: Enter Passcode (if applicable)

MONDAY

Time	Class	Location
8:30am	Balance Boosters w/ Michele Seated/standing stretching class accompanied with stability or balance exercises. May utilize props (such as towel/band/belt) for stretching purposes. <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:15am	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
11:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Instructor: Ash Duggal (Symbria)</i>	ZOOM Meeting ID: 777 4743 9337 Passcode: RknhP1

MONDAY

Time	Class	Location
11:00am	Sit & Be Strong w/ Patricia Resistance & Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Standing and seated exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	Sit & Be Strong w/ Joyce Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Fitness is essential for day-to-day living. Seated/standing exercises for all levels. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
12:30 pm	Ballroom Dancing Learn American-style Tango, Rumba, Waltz, Foxtrot, East-Coast Swing, Polka, and Texas 2-Step! No partner needed! <i>Instructor: Norm Viray</i>	ZOOM Meeting ID: 885 2872 4450 Passcode: 311631
1:00pm	Balance Boosters w/ Patricia Balance & Stretch increases flexibility, joint stability, balance, coordination, agility, and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Seated exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj

TUESDAY

Time	Class	Location
9:00am	Stretch & Flex w/ Betty Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Betty Kellum (Symbria)</i>	ZOOM Meeting ID: 769 570 2809 Passcode: 1x6w0i

TUESDAY

Time	Class	Location
9:00am	Fran's Easy to Learn Line Dancing Join Dancemate's Fran with her Easy to Learn Line Dancing Class! Includes 60s, popular, country, and ballroom dances! <i>Instructor: Frances Strain</i>	ZOOM Meeting ID: 897 3615 0114 Passcode: 684372
9:00am	Computer & Tech Webinar Series Each week's class (in a webinar format) will have a specific tech-related topic that will be covered by the instructor. For more details about the series' topics, please see the attached flyer. <i>Instructor: Joseph Fedorko</i>	PHONE/ZOOM 312-626-6799 Meeting ID: 514 975 0953 Passcode: 727822
10:00am	Forever Fit w/ Patricia Cardio kickboxing is a high-energy cardiovascular workout combining kicks and punches to improve stamina and endurance while working the entire body. Standing or seated exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	Forever Fit w/ Judie Easy to intermediate class designed for individuals seeking overall endurance and strength in a seated and standing class. <i>Instructor: Judie Bernard (Symbria)</i>	ZOOM Meeting ID: 933 398 2644 Passcode: 261424
10:00am	Core Builders & Yoga w/ Ash Easy to intermediate class designed for individuals seeking to strengthen core muscles, reducing lower back pain (in seated and standing exercises). As we age, we lose balance and stability. Core exercises train muscles in your pelvis, lower back, abdomen, and hip (in order to work in harmony). <i>Instructor: Ash Duggal (Symbria)</i>	ZOOM Meeting ID: 735 1293 3404 Passcode: 8kg5G7
11:00am	Sit & Be Strong w/ Patricia Resistance & Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Standing and seated exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	Open Mic Karaoke Join KJ (Karaoke Jockey) Vennié Tolbert-Rodgers in "Open Mic" and sing along karaoke style, request songs, read poetry, try your hand at storytelling, or even tell a joke or two! <i>Instructor: Vennié Tolbert-Rodgers</i>	ZOOM Meeting ID: 478 347 6251 Passcode: Diamond

TUESDAY

Time	Class	Location
12:00pm	Stretch & Flex w/ Joyce Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
1:00pm	Intermediate Soul Line Dancing If you already know the basic steps of line dancing and you can name the moves, then join this intermediate level line dance class. Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. <i>Instructor: Hakeemah Shamsuddin</i>	ZOOM Meeting ID: 874 4212 6494 Passcode: cocdance
1:00pm	Tai Chi for Wellness Tai Chi is a fitness exercise that can improve strength, flexibility, balance, and aerobic conditioning. Tai Chi has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease, and Parkinson's Disease. <i>Instructor: Craig Harris</i>	PHONE/ZOOM 312-626-6799 Meeting ID: 841 9879 2985 Passcode: 690519
1:00pm	Core Builders w/ Patricia This workout class focuses on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday tasks. Chair exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
1:30pm	Knitting & Crocheting It's never too late to learn something new...and crocheting and/or knitting may be the new thing to learn! Studies have shown that knitting and crocheting can help to improve your emotional well-being, cognitive and physical abilities, and enhance your overall quality of life. <i>Instructor: Jo-Ann McKelphin</i>	PHONE/ZOOM 312-626-6799 Meeting ID: 852 1165 0662 Passcode: 12345
2:00pm	Sit & Be Strong w/ Judie Strength & Resistance can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Standing or seated exercises. <i>Instructor: Judie Bernard (Symbria)</i>	ZOOM Meeting ID: 933 398 2644 Passcode: 261424

WEDNESDAY

Time	Class	Location
8:30am	Balance Boosters w/ Michele Seated/standing stretching class accompanied with stability or balance exercises. May utilize props (such as towel/band/belt) for stretching purposes. <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	Tai Chi for Prevention & Balance Tai Chi is a unique mind-body form of exercise that involves a series of slow, flowing movements. Tai Chi movements are done with gentle and graceful circular motions while breathing deeply. <i>Instructor: Mari-Jane Dare</i>	ZOOM Meeting ID: 891 7497 7333 Passcode: 001050
9:15am	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	Forever Fit w/ Judie Easy to intermediate class designed for individuals seeking overall endurance and strength in a seated and standing class. <i>Instructor: Judie Bernard (Symbria)</i>	ZOOM Meeting ID: 933 398 2644 Passcode: 261424
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11:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Instructor: Ash Duggal (Symbria)</i>	ZOOM Meeting ID: 777 4743 9337 Passcode: RknhP1
11:00am	Belly Dance Fitness Learn Isolation & Coordination for core strengthening, posture, balance, and agility. Explore graceful movements for a new kind of physical confidence. Cultivate precise muscle control. Be FIT, FIRM, and HEALTHY! <i>Instructor: Dianne Hodges</i>	ZOOM Meeting ID: 862 9955 9024 Passcode: 241573

WEDNESDAY

Time	Class	Location
12:00pm	Meditation Create mind, body, and soul awareness through meditation. <i>Instructor: Dianne Hodges</i>	ZOOM Meeting ID: 862 9955 9024 Passcode: 241573
12:00pm	Line Dancing Who says fitness can't be fun? Vennié will you have dancing your way to fitness! Beginner and intermediate dances. <i>Instructor: Vennié Tolbert-Rodgers</i>	ZOOM Meeting ID: 478 347 6251 Passcode: Diamond
12:00pm	Sit & Be Strong w/ Joyce Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
1:00pm	Balance Boosters w/ Patricia Balance & Stretch increases flexibility, joint stability, balance, coordination, agility, and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Seated exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
3:00pm	Spanish II Join us and learn conversational Spanish at an advanced level. <i>Instructor: Marvin Childress</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 846 3658 4845 Passcode: Spanish

THURSDAY

Time	Class	Location
9:00am	Stretch & Flex w/ Betty Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Betty Kellum (Symbria)</i>	ZOOM Meeting ID: 769 570 2809 Passcode: 1x6w0i
9:00am	Computer & Tech Study Hall Bring any and all questions you have about your device, software, or even general electronics—we'll talk about it and do our best to help you out! <i>Instructor: Joseph Fedorko</i>	PHONE/ZOOM 312-626-6799 Meeting ID: 514 975 0953 Passcode: 727822
10:00am	Forever Fit w/ Patricia Cardio kickboxing is a high-energy cardiovascular workout combining kicks and punches to improve stamina and endurance while working the entire body. Standing or seated exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	Core Builders & Yoga w/ Ash Easy to intermediate class designed for individuals seeking to strengthen core muscles, reducing lower back pain (in seated and standing exercises). As we age, we lose balance and stability. Core exercises train muscles in your pelvis, lower back, abdomen, and hip (in order to work in harmony). <i>Instructor: Ash Duggal (Symbria)</i>	ZOOM Meeting ID: 735 1293 3404 Passcode: 8kg5G7
11:00am	Sit & Be Strong w/ Patricia Resistance & Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Standing and seated exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	Sit & Be Strong w/ Joyce Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540

THURSDAY

Time	Class	Location
1:00pm	Beginner Soul Line Dancing This is a fun, interactive beginner soul line dancing class that will have you up and moving! Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body and offering a moderate amount of exercise without damage to the joints. <i>Instructor: Hakeemah Shamsuddin</i>	ZOOM Meeting ID: 822 8021 0462 Passcode: ccbegdance
1:00pm	Cooking w/ Everyday Ingredients Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! You may find a new favorite recipe! <i>Instructor: Gloria Hafer</i>	FACEBOOK Facebook.com/ gloria.hafer
1:00pm	Core Builders w/ Patricia This workout class focuses on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday tasks. Chair exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
2:30pm	Spanish I Join us and learn basic Spanish. All are welcome. <i>Instructor: Marvin Childress</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 846 3658 4845 Passcode: Spanish

FRIDAY

Time	Class	Location
8:30am	Balance Boosters w/ Michele Seated/standing stretching class accompanied with stability or balance exercises. May utilize props (such as towel/band/belt) for stretching purposes. <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	Zumba Gold Latin-inspired cardio/dance fitness workout class that features Latin and international music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all element of fitness: cardiovascular, muscle conditioning, flexibility, and balance. No dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm, and an open mind! <i>Instructor: Mari-Jane Dare</i>	ZOOM Meeting ID: 867 0629 1839 Passcode: 001050

FRIDAY

Time	Class	Location
9:15am	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	Stretch & Flex w/ Betty Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Betty Kellum (Symbria)</i>	ZOOM Meeting ID: 769 570 2809 Passcode: 1x6w0i
10:00am	Hula Hoop Stretching Hula hoop stretching is done by making a circular rocking motion with the hips while standing with the feet slightly apart for balance. Some workouts will involve standing with one leg extended out or by placing the body in different positions to work different muscle groups and improve balance. Stretching is also a huge component to increasing strength and range of motion. Partial standing and chair exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	Forever Fit w/ Judie Easy to intermediate class designed for individuals seeking overall endurance and strength in a seated and standing class. <i>Instructor: Judie Bernard (Symbria)</i>	ZOOM Meeting ID: 933 398 2644 Passcode: 261424
10:30am	Tai Chi & Yoga Stretching Add some variety to your fitness routine and join Fran for a mix of Tai Chi and yoga! <i>Instructor: Frances Strain</i>	ZOOM Meeting ID: 892 9454 8741 Passcode: 652867
11:00am	Arthritis Ability w/ Patricia Range-of-motion (ROM) and stretching exercises will be used in this class to maintain or improve the flexibility of joints and surrounding muscles. This then contributes to better posture, reduced risk of injuries, and improved functioning. More rigorous exercises are designed to work muscles a bit harder. And, with the muscles becoming stronger, there is greater joint support and a reduction in loading/stress on the joints. Chair exercises. <i>Instructor: Patricia Dereef (Symbria)</i>	ZOOM Meeting ID: 781 025 7235 Passcode: 1WVMac

FRIDAY

Time	Class	Location
11:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Instructor: Ash Duggal (Symbria)</i>	ZOOM Meeting ID: 777 4743 9337 Passcode: RknhP1
12:00pm	Stretch & Flex w/ Joyce Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
1:00pm	Drawing & Painting Reveal your creative side. Learn visual art while applying your own artistic vision. <i>Instructor: Sharon Pate-Martin</i>	ZOOM Meeting ID: 484 648 2271 Passcode: 4C2uJQ
1:00pm	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
2:00pm	Sit & Be Strong w/ Judie Strength & Resistance can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Standing or seated exercises. <i>Instructor: Judie Bernard (Symbria)</i>	ZOOM Meeting ID: 933 398 2644 Passcode: 261424

SATURDAY

Time	Class	Location
10:00am	Book Club (3/19, 4/16, & 5/21) Join us (the 3 rd Saturday of every month) for a special collaboration between Chicago Public Library and DFSS. Each month a new book will be discussed: 3/19 – <i>Mexican Gothic</i> by Silvia Moreno-Garcia 4/16 – TBD or <i>The Murmur of Bees</i> by Sofia Segovia 5/21 – <i>The Island of Sea Women</i> by Lisa See Copies of the books are available at the Chicago Lawn Branch (6120 S Kedzie Ave) or requested at your neighborhood branch. Please register in advance by emailing chicagolawn@chipublib.org or calling 312-747-0639.	PHONE/ZOOM 312-626-6799 Meeting ID: 833 0209 7630 Passcode: 125911
10:30am	Making Jewelry in Style Learn jewelry making design and techniques! <i>Instructor: Lisa Booker</i>	ZOOM Meeting ID: 211 663 6297 Passcode: Music
12:00pm	Club de Lectura en Español (3/19, 4/16, & 5/21) Acompáñenos (el tercer sábado de cada mes) para una colaboración especial entre la Biblioteca Pública de Chicago y DFSS. Cada mes se hablará de un nuevo libro: 3/19 – <i>Gótico Mexicano</i> de Silvia Moreno-Garcia 4/16 – TBD o <i>El Murmullo de Las Abejas</i> de Sofia Segovia 5/21 – <i>La Isla de Las Mujeres Marinas</i> de Lisa See Las copias de los libros están disponibles en Chicago Lawn Branch (6120 S Kedzie Ave) o y en la biblioteca de su comunidad. Regístrese con anticipación enviando un correo electrónico a chicagolawn@chipublib.org o llamando al 312-747-0639.	TELÉFONO Y ZOOM 312-626-6799 ID de Reunión: 833 0209 7630 Contraseña: 125911
12:00pm	Line Dancing Have fun while getting fit. Learn popular line dancing moves and techniques. <i>Instructor: Lisa Booker</i>	ZOOM Meeting ID: 211 663 6297 Passcode Music
1:30pm	Latin Dance Lessons No partner needed! Learn Salsa, Bachata, Merengue, and Cha-Cha! <i>Instructor: Norm Viray</i>	ZOOM Meeting ID: 817 2667 8600 Passcode: 878350



VIRTUAL COMPUTER & TECH CLASSES

Tuesdays & Thursdays @ 9:00 a.m.

Instructor: Joseph Fedorko

Zoom Meeting ID: 514 975 0953

Passcode: 727822

Dial-In #: 312-626-6799



TUESDAYS—Webinar Series

March 1: The Latest in Social Media

March 8: Device Shopping 101

March 15: Music—Where to Find It with Apps

March 22: Music—How to Listen with Headphones & Speakers

March 29: Online Security Today—Passwords & Verifications

April 5: More Zoom—Meetings and Managing Them

April 12: The World of Peripherals

April 19: Organizing Your Desktop/Laptop Files

April 26: Word and Sheets and Pages—Word Processing in 2022

May 3: Using Calendars & Contacts Across Devices

May 10: Streaming Video EVERYWHERE and How to Pick One (or Two)

May 17: Remember Email?—A Refresher

May 24: Windows v. Mac/iDevices v. Androids

THURSDAYS—Study Hall

Bring any and all questions you have about your device, software, or even general electronics—we'll talk about it and do our best to help you out!



ADULT PROTECTIVE SERVICES (APS) WEBINAR SERIES

In partnership with our Adult Protective Services (APS) delegate agencies, DFSS is hosting a bi-monthly webinar series on elder abuse. Older adults, caregivers, community partners, and individuals not familiar with the process of identifying elder abuse and/or reporting allegations (to our APS delegate agencies) are encouraged to attend.

Let's Talk About: Self-Neglect

Catholic Charities

Tuesday, April 12, 2022

11:00 a.m. – 12:00 p.m.

Zoom Meeting ID: 919 0349 6509

Passcode: 511265

Call-In #: 312-626-6799

Let's Talk About: Financial Exploitation & Emotional Abuse

Metropolitan Family Services

Tuesday, June 14, 2022

11:00 a.m. – 12:00 p.m.

Zoom Meeting ID: 916 7680 5286

Passcode: 002231

Call-In #: 312-626-6799

Let's Talk About: Passive Neglect, Willful Deprivation, & Abandonment

Centers for New Horizons

Tuesday, August 9, 2022

11:00 a.m. – 12:00 p.m.

Zoom Meeting ID: 817 9832 7137

Passcode: Centers

Call-In #: 312-626-6799

Let's Talk About: Physical & Sexual Abuse

Sinai Community Institute

Tuesday, October 11, 2022

11:00 a.m. – 12:00 p.m.

Zoom Meeting ID: 896 3116 3634

Passcode: 641510

Call-In #: 312-626-6799



Are you a caregiver of a family member or friend with Alzheimer's or a related dementia? This program is for you!

Join us for SAVVY CAREGIVER™, a free, interactive 6-week training series designed to support family caregivers.

"...It was therapeutic to empathize with everyone and get to meet people in the same situation.

As a SAVVY CAREGIVER, you will be able to:

- Develop strategies and master skills to help your caregiver situation
- Find ways to reduce the effects of stress through planning and self-care
 - Manage daily life and behaviors
- Effectively communicate with a person with dementia

WINTER/SPRING 2022

Series	Dates	Day	Time
1	Jan. 6, 13, 20, 27, Feb. 3, 10	Thursdays	2:00 PM – 4:00 PM
2	Jan. 19, 26, Feb. 2, 9, 16, 23	Wednesdays	8:30 AM – 10:30 AM
3	Feb. 1, 8, 15, 22, March 1, 8	Tuesdays	10:00 AM– 12:00 PM
4	Feb. 17, 24, March 3, 10, 17, 24	Thursdays	2:00 PM – 4:00 PM
5	March 2, 9, 16, 23, 30, April 6	Wednesdays	9:00 AM – 11:00 AM
6	March 15, 22, 29, April 5, 12, 19	Tuesdays	10:00 AM– 12:00 PM
7	March 23, 30, April 6, 13, 20, 27	Wednesdays	5:30 PM – 7:30 PM
8	April 7, 14, 21, 28, May 5, 12	Thursdays	2:00 PM – 4:00 PM
9	April 26, May 3, 10, 17, 24, 31	Tuesdays	10:00 AM – 12:00 PM

REGISTER TODAY!

To register, please go to the link: <https://bit.ly/G3TSAVVY> Spaces are limited!

For more information, contact Danielle Riley at 312-743-1475 email Danielle.Riley@cityofchicago.org or Victoria Russo at 312-743-3528 email Victoria.Russo@cityofchicago.org

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Keep your cash. You earned it!

The City of Chicago offers free, confidential tax help at locations across Chicago from late January through mid-April in partnership with Ladder Up. Trained volunteer tax preparation can assist you in completing and electronically filing Federal and Illinois tax returns for tax year 2022 and, in some cases, for prior years. Also find out if you qualify for the Earned Income Tax Credit (EITC), Child Tax Credit (CTC), and other tax credits!

Who is eligible for free tax help?

- Families earning up to \$58,000 annually
- Individuals earning up to \$32,000 annually

**The tax filing deadline is
Monday, April 18, 2022**

Who is not eligible for free tax help? Those taxpayers who:

- Have income from rental property
- Filed for bankruptcy in the year they wish to file
- Received Form 1099-A (Acquisition or Abandonment of Secured Property)
- There are also other, less common situations that are out of scope visit www.goladderup.org/TAP

**For more information, visit www.taxprepchicago.org
or call (312) 588-6900 to schedule an appointment.**

What to bring to a tax site

PERSONAL INFORMATION

- ✓ **Original Social Security card** or (ITIN) for yourself, your spouse, and ALL other individuals listed on your tax return
- ✓ A valid form of **photo ID** (for you and your spouse if you are filing a joint return)
- ✓ **Bank routing and account numbers**
- ✓ Verification of **health insurance** if purchased through the Marketplace (Form 1095-A)

YEAR-END INCOME STATEMENTS

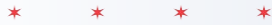
- ✓ **W-2** for each job
- ✓ **1099-MISC or 1099-K** for Self-Employment income, such as rideshare driving with Uber/Lyft
- ✓ **1099 Forms** for retirement, Social Security, unemployment, interest, dividends, stock sales, and miscellaneous income

EXPENSES AND CREDITS

- ✓ **Educational expenses paid** for children in grades K-12
- ✓ **Tuition expenses paid** (Form 1098-T or similar document)
- ✓ **Student loan interest paid** (Form 1098-E)
- ✓ **Childcare expenses:** Provider name, address, and tax ID or Social Security number
- ✓ **Homeowners:** Mortgage interest (Form 1098) and property taxes paid
- ✓ **Job-related expenses** (if you are self-employed)



AYUDA DE IMPUESTOS GRATIS



Quédese con su dinero. ¡Usted se lo ha ganado!

La ciudad de Chicago ofrece ayuda gratuita y confidencial en lugares de atención en el área de Chicago desde finales de enero hasta mediados de abril a través de su ayuda gratuita de impuestos con Ladder Up. Voluntarios entrenados de preparación de impuestos pueden ayudarle a completar sus declaraciones federal y estatal de Illinois, y presentarlos electrónicamente para el fin de año 2022, y en algunos casos para años previos. Y también entérese si califica para el Crédito Tributario por Ingresos del Trabajo (EITC), el Crédito Tributario por Hijo, y/o otros créditos!

¿Quién es elegible para preparación gratuita?

- Familias ganando hasta \$58,000 anual
- Individuales ganando hasta \$32,000 anual

¿Quién no es elegible para preparación gratuita? Esos contribuyentes que:

- Tiene ingresos de propiedades de alquiler
- Se declaró en bancarrota en el año en que desean presentar
- Recibió Forma 1099-A (Adquisición o Abandono de Propiedad Garantizada)
- También hay otras situaciones menos comunes que están fuera de alcance. Si no está seguro si Ladder Up puede preparar su declaración, deje un mensaje al (312) 588-6900 con detalles de su situación fiscal o consulte el sitio web de Ladder Up: www.goladderup.org/TAP

**La fecha plazo para
presentar su declaración
de impuestos es lunes,
18 de abril, 2022.**

**Para obtener más información, visite www.taxprepchicago.org
o llame al (312) 588-6900 para hacer una cita.**

Que debe traer a un sitio de impuestos

INFORMACIÓN PERSONAL

- ✓ **Tarjetas originales de Seguro Social** o ITIN para usted, su conyugue, y TODOS que aparecerán en su declaración
- ✓ **Foto credencial** válida (para usted y su conyugue si presentan conjuntos)
- ✓ **Números de ruta y cuentas** bancarias
- ✓ Verificación de **cobertura médica** si la solicitó por medios del Mercado de Seguros Médicos (Forma 1095-A)

INGRESOS

- ✓ **W-2** para cada trabajo
- ✓ **1099-Misc o 1099-K** para ingresos de trabajo por su propia cuenta, viaje compartido como Uber/Lyft
- ✓ **Forma 1099** para retiro, Seguro social, desempleo, interés, dividendos, ventas de la reserva e ingresos diversos

GASTOS Y CRÉDITOS

- ✓ **Gastos educativos** que pagó por sus niños en grados K-12
- ✓ **Gastos de colegiatura** pagados a la universidad (Forma 1098-T)
- ✓ **Intereses de préstamos estudiantiles** pagados (Forma 1098-E)
- ✓ **Gastos de cuidado infantil:** Nombre del proveedor, dirección e identificación fiscal (EIN) o número de Seguro Social
- ✓ **Propietarios de viviendas:** Intereses hipotecarios (Forma 1098) e impuestos pagados para su propiedad
- ✓ **Gastos relacionados con su trabajo** (si trabajo por su cuenta)



TAXPREPCHICAGO
* * * *



WE ARE CEDA

OUR MISSION

It is CEDA's mission to work in partnership with communities to empower individuals and families to achieve self-sufficiency and improve their quality of life.



WHO WE HELP

As one of the largest private, nonprofit Community Action Agencies in the US, we serve more than 300,000 people and 150,000 households in Chicagoland yearly.

OUR SERVICES

GAS & ELECTRIC ASSISTANCE



What is it?

A program to relieve stress on a household's budget and keep the utilities running.



How does it help me?

Provides a one-time benefit toward gas and electric bills.



What do I need to do?

Check your eligibility at CEDAorg.net/LIHEAP

FURNACE REPAIR & REPLACEMENT



What is it?

Assists when your heating system isn't working or unsafe.



How does it help me?

Provides a one-time benefit toward gas and electric bills.



What do I need to do?

Check your eligibility at CEDAorg.net/LIHEAP

WATER ASSISTANCE (City of Chicago)



What is it?

Makes your water, sewer and water-sewer tax bills more affordable.



How does it help me?

50% rate reduction for bills

No shut off, penalties or debt collection

Debt forgiveness after one year in the program



What do I need to do?

Check your eligibility at Chicago.gov/UBR

FsACE (Chicago Suburbs)



What is it?

Assists low-wage earners in attaining skills, knowledge and resources necessary to remove barriers and improve sustainability.



How does it help me?

Programs include Dental Care, Transportation, Vision Care, Family Nutrition, Trade Skills, Employment Services, Scholarships.



What do I need to do?

Check your eligibility at CEDAorg.net/FsACE

HOME WEATHERIZATION



What is it?

Home improvements that keep houses warmer in the winter and cooler in the summer.



How does it help me?

**Installs insulation
Seals drafty areas
Furnace/boiler and water heater replacement**



What do I need to do?

Check your eligibility at CEDAorg.net/Home-Weatherization

WOMEN, INFANTS, AND CHILDREN



What is it?

Food, education, and support for women, primary caregivers, infants, and children under age five.



How does it help me?

Provides healthy food, nutrition education, breast-feeding support, and referrals.



What do I need to do?

Check your eligibility at CEDAorg.net/WIC

HOUSING SERVICES



What is it?

Counseling services for homebuyers, homeowners, renters, and the homeless.



How does it help me?

Assists with affordable housing, avoiding displacement, budgeting and credit



What do I need to do?

Check your eligibility at CEDAorg.net/Housing



Free Legal Services for Seniors

Common legal issues we assist with include, but are not limited to:

Advance Planning

- Power of Attorney for Healthcare and Property
- Wills

Domestic Relations

- Age and Disability Discrimination
- Elder Abuse and Orders of Protection for Victims of Domestic Violence
- Guardianship Discharge
- Health and Long-Term Care Including Medicare

Grandparents/Other Relatives Raising Children

- Custodial Rights
- Support for Non-Parent Youth Caregivers (i.e., Appeals of DCFS Decisions)

Housing

- Foreclosure Defense
- Home Equity Conversion and Reverse Mortgages
- Landlord Relations
- Loans and Installment Purchases
- Utilities Including Eviction Defense of Subsidized Housing

Money and Debt

- Bankruptcy and Debt Defense
- Chapter 7 and Chapter 13
- Consumer Fraud/Collections/Creditor Problems
- Contracts and Warranties
- Financial Exploitation
- Public Aid Benefits (Social Security, SSI, SNAP, TANF, Medicaid)

**For assistance, call DFSS Senior Services at 312-744-4016
or email: aging@cityofchicago.org**



We cannot help with criminal, personal injury, probate, traffic, worker's compensation, pensions, medical malpractice, building code violation, or business dispute cases.

*Free interpretation services available; including Sign Language, TTY,
and translation of multiple languages.*

**Are you caring for a spouse, parent, relative, or friend?
We are here to help!**

Caregiver Services Programs include FREE services such as:

- ★ **Education & Training:** Learn new skills to care for you and loved ones
- ★ **Gap-Filling Funds:** Help buying essential items like clothing, furniture, grab bars, eyeglasses, technology, and hearing aids
- ★ **One-on-One Counseling:** Help with decisions, self-care, and support
- ★ **Support Groups:** Share your stories, successes, and challenges caring for your loved ones with fellow caregivers

Respite gives you a FREE short-term break
Options include:

- ★ **In-Home:** Help with activities at home like bathing or cooking
- ★ **Facility-Based:** Short-term stay at a nursing home

Programs are for individuals of any age who are caring for:
A Chicago resident age 60+ OR under age 60 with
Alzheimer's disease or Related Dementias

Contact the DFSS Senior Services Division Information and Assistance Unit

aging@cityofchicago.org • 312-744-4016

Chicagoans 60 and Over: Need Help at Home?

FREE Chore Services include:

- ★**Short-Term Chore:** Temporary light homemaking tasks like cleaning, laundry, shopping and self-care tasks like bathing, grooming, or dressing after recovering from an illness or life transition
- ★**Heavy-Duty Chore:** A one-time deep cleaning, removing trash or clutter, packing items, and moving furniture

**Contact the DFSS Senior Services Division
Information and Assistance Unit**

aging@cityofchicago.org • 312-744-4016

Are you 55 and Older Caring for a Child Under 18 or Loved One with a Disability?

Grandparents or Older Relatives Raising Children Program

FREE support services include:

- ★ **Education & Training:** Learn about topics such as legal services, financial literacy, and strategies to support the emotional and educational development of the child.
- ★ **Gap-Filling Funds:** Help buying essential items like school supplies, technology, uniforms, furniture, clothes, after-school or summer camp fees.
- ★ **One-on-One Counseling:** Discuss self-care, decision-making, and ways to cope with stress when feeling overwhelmed with the challenges of raising children unexpectedly.
- ★ **Support Groups:** Share your stories, challenges, & successes caring for your loved ones.

Contact the DFSS Senior Services Division
Information and Assistance Unit
aging@cityofchicago.org • (312) 744-4016

Senior Services: At a Glance

The Chicago Department of Family and Support Services (DFSS) Senior Services Division offers a variety of citywide programs designed to address the diverse needs and interests of older Chicagoans and their caregivers. **In general, all Chicagoans aged 60 and older are eligible for services. Some programs have lower ages of eligibility, call us!**

Call Information and Assistance at 312-744-4016 or call 311
Monday – Friday, 8:30 am to 4:30 pm or email aging@cityofchicago.org

In-Home Support Services

Caregiver Respite

Caregiver Respite provides a break from caring for loved ones. A variety of options include in home care - home care aides, hiring of a personal friend or family, and residential care in a facility. Support is available for up to two weeks annually.

Caregiver Support

People who care for their aging family or loved ones (caregivers) can receive supportive services such as one-on-one or family counseling, support groups, food boxes, information and referrals, help purchase of goods or services, and education opportunities. A range of ages qualify – please call for information.

Caregiver Training & Education

The Savvy Caregiver™ Training Program is a 12-hour education program for family caregivers taking care of those with Alzheimer's Disease and related disorders. Each free weekly session is 2-hours over six weeks. A Caregiver Manual is provided. Training opportunities are available throughout the year.

Chore Services

Short-Term Chore service provides assistance with light housekeeping, laundry, shopping or other household support due to a life change, illness, disability, or temporary situation. **Heavy-Duty Chore is an intensive cleaning** for those whose living conditions pose a threat to their health and safety. Services include trash removal, moving heavy furniture, help with clutter, packing and more.

Grandparents & Older Relatives Raising Children

Grandparents or older relatives aged 55+ who have primary responsibility for a child under 18 or loved one with severe disabilities aged 19-59 are eligible for services including one-on-one or family counseling, support groups, information and referrals, education opportunities, and help purchasing goods or services such as clothes, school supplies, toys, and more.

Elder Rights, Legal Services, Protection, & Advocacy

Adult Protective Services (APS)

Certified APS workers respond to reports of alleged abuse of Chicagoans aged 60+ and those with disabilities aged 18-59. Concerns including physical, emotional, and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation. APS stops the abuse and develops a plan for safety, well-being, and prevention.

Case Advocacy & Support (CAS)

CAS provides a Well-Being Check to Chicagoans aged 55+ living in the community who may be experiencing challenges living independently or are at-risk to themselves or others. The Team meets with the older adult, assesses their situation, then provides helpful referrals to services and links to community supports.

Intensive Case Advocacy Services (ICAS)

ICAS provides ongoing support to Chicagoans aged 55+ who are experiencing challenges living independently in the community by helping clients to access supports that prolong the ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.

Legal Services

Legal Services protects the rights of older Chicagoans on matters such as: housing, guardianship, Powers of Attorney for health care and property, bankruptcy, fraud, employment, family law, financial and foreclosure counseling, reverse mortgages, and Advance Directives.

Ombudsman Program

Ombudsmen protect, defend and advocate for residents in long-term care facilities such as nursing homes, assisted living, and more.

Ombudsmen protect resident rights, resolve complaints, provide information, and ensure quality care for Chicago's long-term care residents over aged 19.

Senior Health Insurance Program (SHIP)

SHIP helps Medicare beneficiaries access Medicare, drug plans, and more. SHIP Counselors host educational programs and one-on-one counseling to help older adults and people with disabilities by providing objective information about health insurance, advocacy, or assistance, or referral if appropriate.

Senior Medicare Patrol

The Senior Medicare Patrol (SMP) Program educates consumers about Medicare & Medicaid fraud, waste, and abuse. Program staff and volunteers help Chicagoans to prevent, detect, and report Medicare and Medicaid abuse.

Meals

Congregate Dining

Hot, nutritious lunches in a group setting are provided each weekday at 50 community locations throughout Chicago. These meals promote better health through improved nutrition and reduced social isolation. Culturally specific meals are available.

Home Delivered Meals

Microwave-ready frozen or hot meals delivered to home-bound older adults 60 years of age or older who are unable to prepare meals for themselves and have no other means of acquiring nutritious and / or dietary-specific meals.

Community Programs

Brain Health Initiative

This free virtual and call-in training program is available to all Chicagoans and is targeted to residents living in apartment buildings. The program focuses on behaviors to maintain healthy brains throughout life.

Foster Grandparents

An opportunity for seniors to make a difference in a child's life. This program recognizes senior volunteers as a presence in the community. Volunteers make a difference in the lives of children and youth by mentoring and tutoring in communities across the city. This program includes travel, meal reimbursements, and a monthly stipend.

Senior Companion Program

Seniors make a difference in the lives of lonely, isolated older adults by reading, visiting and chatting, preparing light meals and more. This program recognizes senior volunteers as a presence in the community and includes travel, meal reimbursements, and a monthly stipend.

Senior Centers

Chicago Fitness Plus

Award-winning fitness programs that boost endurance, strength, balance and flexibility. Our centers are equipped with age-friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training in-person or online.

Health & Wellness Programs

Evidence-based health promotion and disease prevention programming is provided at all Senior Centers through monthly presentations, health screenings, and consultations with wellness nurses, dietitians, pharmacists, and social workers.

Life Enrichment Programs

A variety of social, educational & recreational activities for older adults tailored to the interests of the local community. Life Enrichment programming designed to keep participants active while providing opportunities to foster personal growth and creativity.



Senior Services: At a Glance

Senior Centers

Monday through Friday 8:30 am to 4:30 pm

**CENTRAL WEST
Regional Senior
Center**

2102 W Ogden Ave
312-746-5300

**NORTHWEST
Copernicus Senior
Center**

3160 N Milwaukee Ave
312-744-6681

**SOUTHEAST
Altas Senior Center**

1767 E 79th St
312-747-0189

**NORTHEAST
Levy Senior Center**
2019 W Lawrence Ave
312-744-0784

**DOWNTOWN
Renaissance Court**
78 E Washington St
312-744-4550
(temporarily closed)

**SOUTHWEST
Regional Senior
Center**
6117 S Kedzie Ave
312-747-0440

Satellite Senior Centers

Monday through Friday 8:30 am to 4:30 pm

- Abbot Park: 49 E 95th St
312-745-3493
- Auburn Gresham: 1040 W 79th St
312-745-4797
- Austin: 5071 W Congress Parkway
312-743-1538
- Chatham: 8300 S Cottage Grove Ave
312-745-0401
- Edgewater: 5917 N Broadway St
312-742-5323
- Englewood: 653-657 W 63rd St
312-745-3328
- Garfield Ridge: 5674-B S Archer Ave
312-745-4255
- Kelvin Park: 2715 N Cicero Ave
312-744-3350
- North Center: 4040 N Oakley Ave
312-744-4015
- Norwood Park: 5801 N Natoma Ave
773-775-6071
- Pilsen Center: 2021 S Morgan St
312-743-0493
- Portage Park: 4100 N Long Ave
312-744-9022
- Roseland: 10426 S Michigan Ave
312-745-1500
- South Chicago: 9233 S Burley Ave
312-745-1282
- West Town: 1613 W Chicago Ave
312-743-1016